






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AARP Income Tax Assistance on Mondays from February 9 – April 6, please call to 1	Center Closed 2 <small>Groundhog Day</small>	3 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 11:45 Trivia 1:00 Sit & Knit	4 10:15 Rummikub 10:30 Sit & Be Fit 11:30 BP Self-check 12:45 BINGO <small>Tu B'Shevat</small>	5 9:00 Strength Tr. <i>Winter is ½ over! Wear your shades & get a treat....</i> 10:15 Card games 10:30 Video Ex. 1:00 Bling Craft	6 10:00 – 3:00 Wal-Mart Shopping Frederick, MD 1:00 – 2:00 Food distribution for Seniors at FSC	Cabin Fever Day February 27 Held at Frederick Senior Center 10:00-2:00 7
schedule an appointment 301-834-8115  8	Center Closed Income Tax Assistance 9:00-4:00 9	10 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 1:00 Sit & Knit 5:30 PIZZA & Card Party	11 10:30 Sit & Be Fit 11:00 Ask Nurse Steve-Brain Exercise A discussion on brain health 12:45 BINGO	12 9:00 Strength Tr. 10:15 Card games 10:30 Video Ex. 1:00 Friendship craft project	13 12:00 Valentine Meal Prime Rib luncheon 1:00 Special music by: Pete & Betty DoA Trip-IKEA	HAPPY VALENTINE'S day  <small>Valentine's Day</small> 14
PRESIDENTS' DAY  15	Center Closed Income Tax Assistance 9:00-4:00 <small>Presidents' Day (US)</small> 16	17 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 11:45 Trivia 1:00 Sit & Knit <small>Mardi Gras</small>	18 10:15 Rummikub 10:30 Sit & Be Fit 11:45 Nutrition Minute 12:45 BINGO	19 9:00 Strength Tr. 10:15 Card games 10:30 Video Ex. 6:00 Dinner & Dance Brunswick Eagles <small>Chinese New Year</small>	20 9:00 – 12:00 Wal-Mart Shopping Charlestown, WV DoA Trip-SnowTubing	BLACK HISTORY MONTH  21
 22	Center Closed Income Tax Assistance 9:00-4:00 23	24 9:00 Strength Tr. 10:15 Rummy 10:30 Video Ex. 11:00 Wii Bowl 1:00 Sit & Knit 5:30 Card Party	25 10:15 Rummikub 10:30 Sit & Be Fit 11:30 BP Self-check 12:45 BINGO	26 9:00 Strength Tr. 10:15 Card games 10:30 Video Ex. 10:30 Mobile I & A* *Get expert assistance from DoA Staff <i>*Baked Potato Bar</i>	Cabin Fever Day Brunswick Center Closed 27	Brunswick Senior Center "Where the finest people meet" 28



February 2015

Brunswick Senior Center

